

Abstract

The present invention is directed to a composition, in particular a food composition, or dietary supplementation which is active in respect to the support and/or the moderation of
5 an alcohol degradation process within the human body. The present invention particularly addresses the problem of rapid alcohol degradation i.e. alcohol metabolism as may occur in most people of Non-Caucasian type genetic structure. In this regard, an object of the present invention is to achieve solutions which provide a reduction in the physiological stress in connection with the consumption of alcohol in particular for people with a
10 predisposition towards rapid alcohol degradation. According to the present invention this object is attained by a food composition or dietary supplementation including the following substances:

15 dextrose, Vitamin C, L-glutamine
cysteine, riboflavin, succinic acid, fumaric acid, and
coenzyme Q10,

all substances in physiologically relevant doses in particular as disclosed.